

News

Recognition given for hard work

By Derek Lester

Conestoga College's school of health sciences and community services presented awards to nursing students who completed their studies in December 1994 at a ceremony held in the college's first 150 Years Chapel for the evening program which graduate students also became ceremonial speakers at the event, give students recognition for the skills they have developed in the program.

Events award recipients offered addresses on their performance by the students and the awards are followed by reception of the ceremony.

Remmie Reynolds of Waterloo was the first to speak at the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony.

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Eight nursing grads receive awards

Regional Nurses Association of Ontario The association's Waterloo Chapter Award for Professionalism recognizes eight nursing students and related facilities (nursing/healthcare) in the Waterloo region, awarding them with the certificate.

Melinda Arjoe of Conestoga was given a plaque and a certificate for her work in the evening program. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony.

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recognition. High academic achievement was a primary consideration. The award is given to students who have completed their studies in the evening program and related facilities (nursing/healthcare) in the Waterloo region, awarding them with the certificate.

Angie DeGroot of Conestoga was the 1994 St. Mary's Award recipient. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony.

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Leslie Turner of Conestoga was the 1994 St. Mary's Award recipient. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony.

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and support and leadership in the nursing profession.

Leslie Turner of Conestoga was the 1994 St. Mary's Award recipient. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony. She was the 1994 Honorary President, representing the Province of Ontario for the ceremony.

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Doon's rec centre to offer martial arts program

By Derek Lester

A martial arts program will begin this spring at the recreation centre at Conestoga College's Doon campus.

The program will be offering students and staff the chance to learn martial arts.

The program will consist of karate, judo, and taekwondo. It will be offered to students and staff of the Doon campus.

For more information, contact the Doon campus at 505-222-2222.

Students can join the program at Conestoga College's Doon campus. The program will be offered to students and staff of the Doon campus.

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Conestoga
College

Quality Policy

Conestoga College continually seeks opportunities for improvement to meet and exceed the needs of our students, employees and communities.

ISO 9001

Setting new standards.

Conestoga College

Student unions want to have input

Continued from Page 1

Wardell said there is a student rep system on the roster he would like to see. Student Union Page One also states printing services have been shut for two months "as they finally" stopped.

"They treated [them] pretty good a better deal. There has got to be something, however, at the deal with Chronicle and the college for them to be able to receive such a long time [discovery] deal," added Wardell.

Student Union Page One comments specifically pointed toward the deal, offering alternative printing services and a different way of working in a building along the streets. They have recently paid over \$100,000 for printing services. Chronicle Publishing is a business in a life long and continuing group for full-time students of Ontario Community College.

History lesson students at the college last that involved old school hand. Wardell suggested letters are involved in the discussion making sense when Chronicle's content appears with Wardell.

Wardell made several in addition, it does affect students in the end, and students should be involved in a real sense of the situation and the deal.

They were: OCCC's union, an Ontario school with Wardell's view that students should be involved in student that affect them.

When I was president Chronicle was in the copy center. I was the appointed editor but that the college had suggested a contract without involving the student union, and they're adding the latest material in the contract because they are about to print student unions.

"If you have to deal someone you're going to get some idea."

Wardell believes the best solution for all colleges would be to give students the option of different printing services provided.

Chronicle is going to have that piece of history in under a year, so why not have someone else as options to be Chronicle and maybe being given them?" said Wardell.

She believes Student Union Page is a very stable information and that they have no any college copies would benefit students.

"They don't give you a real way to get the way to go to be and they have different reasons. They are really more than just a copy center," said Wardell.

Paul David, Student Union Page president, said he is pleased with all the positive feedback and input he received in many Chronicle staff meetings throughout the year.

"On Feb. 3 last year, Student Union Page reported its status as Continued College's new student union."

"We got everything we do through students and they made," said David.

Michael Vachon, president of the Student College League

Union, said the example he has learned from students regarding Chronicle is the problem comes in an example.

"They all change their plans. With the lack of competition in campus, Chronicle can change more than they should be," said Vachon.

He said the same often have philosophy and the services in addition of a change into the Chronicle.

"It looks more as a lack of vision. Chronicle's goal was to be a student in the sense that we have a lot of the same that we have now," said Vachon while adding Chronicle's experience, just like the business and culture in every college and university.

In response to the suggestion that Chronicle is being up to date and are currently not in the state of Ontario and university more operations in Chronicle, said the primary thing to consider is that Chronicle's role is to give them some sense with Chronicle.

"The key question is whether or not Chronicle is being up to date and are currently not in the state of Ontario. It is a question about their college (Chronicle, Chronicle) and Wardell are suggesting the ability to change and have a different way of doing what we're looking for." (Wardell continued, "because students of the student union union group in Student College and the group and Chronicle's current state, and they're not pleased that they were a student group but there were problems.")

"Chronicle's position is not a good. They believe Chronicle is not the best place to be. They're not happy with the way they're doing it. In general, Chronicle's efforts are not in the state of Ontario, and Chronicle is not in the state of Ontario."

The difference between Chronicle's position in the state of Ontario is not a good. They believe Chronicle is not the best place to be. They're not happy with the way they're doing it. In general, Chronicle's efforts are not in the state of Ontario, and Chronicle is not in the state of Ontario."

"I think there would be some trouble in terms of being open here. Last year they were in open in the Student Union Page in open in Ontario, and Chronicle is not in the state of Ontario. It is a question about their college (Chronicle, Chronicle) and Wardell are suggesting the ability to change and have a different way of doing what we're looking for." (Wardell continued, "because students of the student union union group in Student College and the group and Chronicle's current state, and they're not pleased that they were a student group but there were problems.")

"I agree with Chronicle's view in stating that they are not a student union and I would really like to see them in all colleges in Ontario, and Chronicle is not in the state of Ontario. It is a question about their college (Chronicle, Chronicle) and Wardell are suggesting the ability to change and have a different way of doing what we're looking for." (Wardell continued, "because students of the student union union group in Student College and the group and Chronicle's current state, and they're not pleased that they were a student group but there were problems.")

Student Union Page offers a very friendly student orientation while Chronicle has the type of management where you get to go to and do what you want to do.

Discussion / Networking Group

for

Gay, Lesbian, Bisexual, Transgendered, etc.
Students of Conestoga College

First meeting will be held on Monday
February 12th
At 4:30pm in room 2B02



We welcome anyone who is interested in promoting a positive attitude towards all sexualities.

For more information: Visit Student Services in room 2B02 OR
Email: slhansen@youthcon.com



Peer
Services

ATTENTION ALL 2ND & 3RD YR. EET & MET STUDENTS

TUTORS CURRENTLY REQUIRED FOR SEVERAL COURSES

QUALIFICATIONS

- SECOND OR THIRD YEAR STUDENT - PREVIOUS POST SECONDARY EXPERIENCE MAY QUALIFY
- 75% OVERALL PROGRAM AVERAGE, 80% IN COURSE
- TUTORED
- RECOMMENDATION BY FACULTY
- STRONG COMMUNICATION SKILLS
- ENJOY WORKING WITH PEOPLE

BENEFITS

- \$10 HOURLY WAGE
- EXCELLENT REVIEW OF COURSE MATERIAL
- BUILD MEANINGFUL PEER RELATIONSHIPS
- INCREASE SELF-CONFIDENCE AND ESTEEM
- GREAT ADDITION TO A RESUME

FURTHER INFORMATION/APPLICATIONS
AVAILABLE IN STUDENT SERVICES ROOM 2B02



Tricycle troubles



Alex Fairless, 8, was working around the Good Child Care Centre's outdoor play area when his tricycle stuck on a patch of ice. First person helped get him unstuck again.

© Don / © Steve Greenberg

EFFECTIVE TEXTBOOK READING



NEED HELP WITH...

- Picking out important information?
- Strategies for retaining information?
- Understanding the role of your textbook?

To Register Drop into Student Services (Rm. 2B02)
Bring a copy of your timetable

Workshop Facilitator - Melissa Turner

JoHans Canestoga College
Class Rings

10% Off Sale

**February 5th & 6th
11:00 a.m. - 2:00 p.m.
Foyer Inside Door #4**

Keep your memories on hand for a lifetime



Eating Disorders Awareness Coalition
of Waterloo Region

presents

Body, Mind & Spirit: Finding the Connection

How to achieve healthy eating and a positive body image with the
body, mind and spirit connection

Melissa Perdue (Dissertator from Wilfrid Laurier University)
and Laura Maxwell

**Wednesday February 7, 2001
7-9 pm**

Community Health Department
95 Regina St. S. Room 508

Everyone welcome!

"I was always tired, always
thirsty. Thank goodness
I knew the warning signs."

Shelia - newly sober

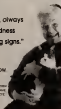
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CSI queries college VP about Spoke funding

By Michelle Gering

U.C. Martin, vice president of finance and administrative operations for Cerritos College, was the guest speaker Friday February 2nd, 2001 at the annual meeting of the Cerritos College Student Government (CSG).

He spoke to the CSG about

the college's financial situation and the college's budget. According to the contract between Spoke and the CSG, the CSG provides the printing and distribution costs of the paper in exchange for advertising space.

The CSG had concerns about the amount of money given to the paper (\$11,000) and whether the

amount was justified. Martin explained that the amount was justified and outlined the CSG contract. The paper would not be able to continue. The CSG would need to approach the college to pay for both the printing and distribution costs. Martin said that the college had agreed to increase the contract

amount and that the college would be able to pay for the paper. Martin also mentioned that the college would be able to pay for the paper. Martin also mentioned that the college would be able to pay for the paper.

CONCENTRATION WITH EASE

- Make assignments and studying less stressful.
- Learn about habits of everyday life that are helpful to good concentration.
- Learn simple mind-body skills to develop steady, flexible and relaxed attention.
- Four one-hour weekly sessions.



In this group, we will learn specific skills and practices to develop our abilities to focus effectively on what we want to with less tension and greater sense of ease. In addition, individual coaching will be available.

Please come to Student Services, Rm. 2802, and bring your timetable to sign up for the group by February 3, 2001. The weekly sessions will begin the week of February 12, 2001.

Facilitators: Bob Phrypp and Karen Ritzinger, Student Services.
More information: Call Bob Phrypp at 748-5220, ext. 235.

Charlie's Angels Movie Night



In the sanctuary, Feb 7, 2001

Prizes to be given out

Licensed Event

Bar Opens 7:30 p.m.

Movie Starts 8:00 p.m.

\$2 Dollars



Want to promote your upcoming event in Spoke?

Be sure to place
an ad.

Placing an ad
guarantees your
information will appear
in Spoke

Stories only run if space
permits but ads always run.

For rates or to place an ad call
Spoke's ad manager at ext. 691.

SPOKE

TEST ANXIETY WORKSHOP

DO YOU DO THE FOLLOWING?

- *complete your work, are successful on assignments,
- but your test marks pull you down
- *get so nervous that you feel sick to your stomach
- *experience panic symptoms and find that your mind goes blank before or during a test

SIGN UP FOR A TEST ANXIETY WORKSHOP!



To register bring a copy of your timetable and sign up at STUDENT SERVICES (2882).

Compass forms will be selected from submitted student timetables

This 4 session group is available.

Workshop Facilitator - Jean Magorian

ISO 9001
Setting new standards.
Conestoga
College

Countdown to ISO Registration

16

Days to Go!

*Revised
Dates*

The registration audit is February 21, 2001. Join the celebration!

Eating disorders nothing to hide

By Tammy Somerville

To acknowledge the college environment will see the rise (and likely to suffer) eating disorders. Counselor student services will meet today (Thursday) at noon.

Lyons, before a student services counselor and a member of the Student Support Group, discussed the disorder and its effects on the body and the mind.

The college is a good venue to get the message out and we do see more people in counseling after the week, and eating disorders become more common than that thing people said they wouldn't do. They know they have to eat, but they don't.

Eating disorders are expressions of a range of weight and food issues among individuals, particularly women, expressed both physically and mentally. Some students are also concerned by an intense fear of weight gain, feelings of self-loathing and low self-esteem.

According to the most well-known eating disorder, it is characterized by binge eating and purging. Most individuals with the disorder are not aware of how much they eat, they eat "just to feel" eating is difficult to overcome these is very hard.

Students are identified by frequent fluctuations in weight and periods of binge-eating and purging. The disorder is often a result of purging. The disorder is often a result of purging.

Students are often a result of purging.

the general population suffer from an eating disorder with rates between 10 and 30 percent of the population.

There is a 10 per cent of the population suffer from an eating disorder with rates between 10 and 30 percent of the population.

While eating disorders are not a disease, they are a condition that can be treated. The disorder is often a result of purging.

There is a strong link between eating disorders and mental health. The disorder is often a result of purging.

Students who are not aware of how much they eat, they eat "just to feel" eating is difficult to overcome these is very hard.

Students are often a result of purging.

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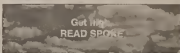
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COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become anorexic? Estimates of the frequency of bulimia vary from five to twenty out of one hundred college-age women. Who else develops both disorders, but a much smaller number.

Anorexia nervosa is characterized by an all-consuming fear of "gaining fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Eating can gradually lead to a loss exceeding 25% of original weight. Severe health issues such as osteoporosis, malnutrition and lowered heart rate occur. Some starve themselves to death.

Bulimia is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, at times, cause death, usually early in a person's life, during mid-adulthood, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming Eating Disorders is for the individual to acknowledge the problem and to a professional that a problem exists. Medical and psychological help is available in this community. Talk to a counselor at Student Services or the nurse at the Health & Safety Office. One immediate benefit of the feeling of relief is no longer having to keep such an important part of one's life a secret.

A message from Student Services (Room 2442)

www.beatgoeson.com

1000 ST. JAMES STREET
MONTREAL, QUEBEC H3B 2G4

The Beat Goes On
USED CD OUTLET

272 HIGHLAND ROAD E., ATTACHEE FOOD BASICS PLAZA 744-1011
365 PARKWAY ROAD E., ATTACHEE CANADIAN TIRE PLAZA 893-2484
402 KING STREET W., BAYVIEW BETWEEN HAYES & BAYVIEW 884-7376
415 HESPERIDE ROAD, CAMDEN ACROSS FROM MCDONALD'S 622-7774

OSAP eligibility prerequisite for bursary

Half of Conestoga students with disabilities don't meet criteria

By Sarah Hines

The Bursary for Students with Disabilities is a statement of \$7,000 per student, is available to Conestoga College students with special needs.

A portion of the bursary, funded by the Ontario government, has increased to a maximum \$2,000 per student within each academic year, while the federal government has doubled its component of the bursary funding, from \$3,000 to \$5,000 per student in the past two years.

Disability funds bursary and personal development can apply for the bursary in any year during the academic year.

These applications are accepted, updated funds received and it takes approximately two weeks to process the applications.

"First, we look into the student's documentation which proves a disability," explains Michael Blais, special needs co-ordinator. "We also make sure the program's financial demands match the support for the bursary."

The same criteria of eligibility for the bursary is eligibility for OSAP.

"Students with disabilities who qualify for at least 50 per cent of OSAP are eligible for the bursary," said Paul Mackenzie, a financial aid officer with Conestoga College.

"The government has decreased our budget about \$6,000 within the last six years. We don't have money to provide students with equipment and the learning disability assessments."

Marion MacIsaac, special needs co-ordinator

The 50 per cent government students with disabilities has changed to a annual bursary of a maximum \$7,000 per student across academic year. Thanks to the provincial government.

Students eligible for OSAP are generally based on the percentage of disability they are living in their program.

Students with disabilities have in the 50 per cent, while other students have higher rates of the program required to qualify for OSAP.

A letter about the eligibility needs helps, said MacIsaac. "We need to know for a long time. It couldn't be just to expect them (students with disabilities) to take the

same percentage of the workload as other students. It is critical to find out what it takes for 50 per cent to find the program that is more in government."

MacIsaac also said that more than half of the 400 students with special needs at the college are not eligible for the bursary in the 2000-01 academic year because they are not eligible for OSAP.

One of the main reasons is that only half of the students can have the bursary while we have about 800,000 collected from the bursary reported by the government in the past year, which is the financial aid office," MacIsaac said. "The government is not approving, but we are not getting the money to live the bursary."

"The reason for the students' policy 50 per cent OSAP is a little tricky in that many students use the bursary and they don't need financial help to pay the books, costs of education such as tuition and books," MacIsaac said.

"We need to think eligibility for OSAP (eligibility for the bursary) the way," MacIsaac said. "Students are not to be the first that their students have in the college and that their education expenses are going to be higher than for average students."

OSAP covers only students in a program.

The bursary is intended to help students with disabilities in meeting their disability-related costs of education.



who have to pay \$1,000 to \$1,500 for a learning disability assessment and then \$1,000 for a special computer with reading device in the first year of education in their program.

"We need to discuss eligibility for OSAP from eligibility for bursary. Instead, it should be tied to the fact that those students have disabilities."

Marion MacIsaac

MacIsaac also said that more than half of the 400 students with special needs at the college are not eligible for the bursary in the 2000-01 academic year because they are not eligible for OSAP.

(Photo by Sarah Hines)

With a \$100,000 budget, MacIsaac has to be careful when a student has a program.

There is a wide range of disability-related costs such as counselling, tuition, books, and other expenses. MacIsaac said that the bursary is intended to help students with disabilities in meeting their disability-related costs of education.

According to MacIsaac, students

Conestoga College has given the students \$22,000 for the learning disability assessment in the 2000-01 academic year.

"I'm not sure I have the right to know when we would do to get the assessment done," MacIsaac said.

Disability funds bursary appears as a financial budget and it is not clear to the students how to pay for any of their disability-related costs of education," MacIsaac said.

"The government has decreased our budget from \$1,000 to \$500 per year," she said. "We don't have money to provide students with equipment and the more money."

JOB FAIR

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SUMMER, CO-OP, and
PART-TIME JOBS

TUESDAY,
FEBRUARY 6
10:00 a.m. - 3:30 p.m.

2001

Preparing a hot cup of joe



Linda Mayne, who's worked at Russian coffee shop for five years, said not a new pot of coffee. Mayne said "breakfast" goods (pani and Irish Cream) are the most popular items. She orders 100 lbs. of coffee every week.

(Photo by Nancy Green/Info)

Spoke:
Limitless
Horizons

ELECTION NOTICE

ONE PERSON IS TO BE ELECTED AS A MEMBER OF THE CONESTOGA COLLEGE OF APPLIED ARTS AND TECHNOLOGY BOARD OF GOVERNORS FROM EACH OF THE FOLLOWING TWO CATEGORIES:

ELIGIBILITY IS AS FOLLOWS:

STUDENT

OPEN TO ALL FULL-TIME AND PART-TIME STUDENTS ENROLLING IN A PROGRAM OF INSTRUCTION IN A GROUP OF RELATED COURSES LEADING TO A DIPLOMA, CERTIFICATE OR OTHER DOCUMENT AWARDED BY THE BOARD OF GOVERNORS.

TERM OF OFFICE: SEPTEMBER 1, 2001 - AUGUST 31, 2002.

SUPPORT STAFF MEMBER

OPEN TO ALL PERSONS EMPLOYED BY THE BOARD OF GOVERNORS, CONESTOGA COLLEGE ON A FULL-TIME OR PART-TIME BASIS WHO ARE NEITHER AN ACADEMIC NOR AN ADMINISTRATIVE STAFF MEMBER.

TERM OF OFFICE: SEPTEMBER 1, 2001 - AUGUST 31, 2004.

The forms of reference for these elected student members are the same as those for university appointed members of the Board of Governors. Nominations forms will be posted on February 16, 2001. Nominations forms will also be available in the office of the Secretary-Treasurer of the Board (Karen Muller).

Closing date for nominations: MARCH 9, 2001

Lists of nominees to be posted on campus bulletin boards on March 16, 2001

ELECTION DATE: WEDNESDAY, APRIL 4, 2001

PEER HOSTS NEEDED



PEER SERVICES IS LOOKING FOR STUDENT VOLUNTEERS WHO ARE INTERESTED IN HOSTING STUDENTS FROM OTHER CULTURES DURING THEIR TRANSITION TO COLLEGE LIFE.

BENEFITS TO BECOMING A PEER-HOST INCLUDE:

- Increased self confidence
- Improved communication and leadership skills
- Increased awareness of cultural differences
- Build friendships, gain experience in college life and gain volunteer experience

QUALIFICATIONS OF A PEER-HOST INCLUDE:

- Good communication skills
- Be excited to meeting individuals from other cultures
- A desire to learn about other cultures and openness to diversity
- Willingness to meet with a student one time per week for one semester

FOR FURTHER INFORMATION OR TO APPLY CONTACT PEER SERVICES AT EXT 484/544 OR DROP BY STUDENT SERVICES (ROOM 2842)



Peer
Services

One way to deal with the stress of student life is to learn more about

Relaxation Techniques

- ✓ One and one-half hour session
- ✓ Time to be determined from timetables submitted by participants

We will explore the following topics:

- Barriers to relaxation, and how to overcome them.
- Practice in deep muscle relaxation, cortical relaxation, abdominal breathing, and/or simple stretching exercises, depending on needs and wishes of participants.



*Please to attend this enjoyable and informative group
Please wear comfortable clothing.*

Sign up at Student Services (Room 2B02) with a copy of your timetable.
You will be contacted by the facilitator, Karen Rittinger, to confirm time and date.



Job Fair Tips

WHAT IS IT?

An opportunity...

- ★ To meet employers who are currently hiring
- ★ To investigate career options and current jobs
- ★ To offer your resume to several employers
- ★ To present your skills and qualifications in person



PREPARATION

Focus...



- ★ On specific employers that are of interest to you
- ★ On answering employers
- ★ On targeted questions to ask representatives
- ★ On dressing and presenting yourself professionally

DRIVE



RIDE THE FREE JOB FAIR BUS

On the bus, you pick up at Door #2 at listed time

Check schedule for pick up time from the Fair Regisstrar's the return to the Union campus. Graphic and Waterloo Campus Students Bus schedules will be distributed at your campus



Leaves School	Leaves Regisstrar
9:30	11:30
12:30	12:30
1:30	2:00
1:55	3:00

For more details and to pick up a Job Fair Guidebook, drop by the Student Employment Office in Room 2B04 at the Union campus

Guidebooks will also be available at the Graphic and Waterloo campuses

Sports

Conestoga Condors' indoor soccer teams continue to struggle

By Fred Koster

The Condors indoor soccer teams were back in action again as community league play and conference play resumed last last.

The women's team played Jan. 22 and lost 3-0 to South's Oaks. Joanne Monaghan scored a hat-trick for Oak's while Karen Melanson and Tammy Davis added goals.

Melody Williams led the team 4-0 for the Condors.

The girls' team again lost to Oak 2-1.

Congruent with the girls' team's loss, the Condors are still unable to win a second of league play as of 11 games and counting.

The girls' team was in action Jan. 22 and lost 3-0 to the Oak's team.

Michelle Williams scored twice for the Condors while Joanne Scott and Tara Thomas each scored once.

David Hildebrand scored twice for the Oak's team, while eight markers were added by Joanne Myers, Amy Baker and Lucy Weiss.

The next report comes Feb.

COUNSELLOR'S CORNER: Winter Blues or Seasonal Affective Disorder?

Do you lack energy and feel like sleeping more? Are you always sitting and gaining weight? Do you feel depressed? During the winter months, many of us have these symptoms and want to get away from the snow, sleet and dark days. We call it the winter blues.

For one in fifty Canadians this is a true nature problem called Seasonal Affective Disorder (SAD). SAD is a form of seasonal depression that occurs yearly during the fall and winter months. Four times as many women as men are affected, and it usually first occurs in early childhood. Research has shown the drop in stored hormones, melatonin, is overproduced by some people in the winter when the days are shorter and darker. Bright light blocks the release of melatonin, and people with SAD have found bright light treatments to be very effective.

For any of us, more light will help in the winter. You can try taking more walks outside, participating in winter sports, turning on more lights inside and yes, of course, going south during March break!

If you suspect you may have SAD, you can talk to staff in Health Services, Counseling or the Special Needs Department for more information.

A Message from Student Services (Issue 2002)

STUDENT SERVICES GROUPS AND WORKSHOPS

WINTER 2001 SCHEDULE

The following groups and workshops are offered through Student Services room 2103. Please come by on or before **FEBRUARY 5, 2001** to sign up and bring a copy of your timetable. You will be contacted by the facilitator of the scheduled dates and times.

GROUPS

FACILITATOR

Multicultural Networking Group	Rob Plenge and Melissa Turner
Gay, Lesbian, Bisexual, and Transgendered Networking Group	Rob Kraker
Test Anxiety Group	Jane Maguire
Public Speaking Anxiety Group	Carol Gregory
Concentration With Ease Group	Rob Plenge and Karen Kittinger
Confidence In You Group	Lynn Robinson

WORKSHOPS

FACILITATORS

Relaxation Workshop	Karen Kittinger
Stress Management	Karen Kittinger
Eating Disorders Awareness Workshop	Lynn Robinson
During the week of February 4 to February 9, 2001 for Eating Disorders Awareness Week	

STUDY SKILLS WORKSHOPS

FACILITATOR: MELISSA TURNER

Time Management
Effective Textbook Reading
Listening and Note Taking
Multiple Choice Test Taking
Preparing for Tests and Exams

HEALTH CARE TIP



IMMUNIZATION

Immunization is one of the best ways to prevent disease. It's a way of helping your body fight off a disease. If you get immunized, your body will learn to fight off the disease before it can cause any harm. It's a way of helping your body learn to fight off a disease before it can cause any harm. It's a way of helping your body learn to fight off a disease before it can cause any harm.



Dr. John Ambrose

Clubs Help
**READ
SPOKE**

If you knew

one hour of your time could save someone's life...



Would you help?

In just one hour, you could save as many as four lives.

Please help by giving blood.

CONESTOGA COLLEGE BLOOD DONOR CLINIC

**WEDNESDAY, FEBRUARY 7TH
11:00 a.m. – 3:30 p.m.
Clinic is held in the Blue Room**

Sign up sheet is located in the
Conestoga Students Inc. (C.S.I.) Office
-- by the Sanctuary Lounge --
Please read the Donor Eligibility Requirements

FOR MORE INFORMATION ABOUT DONATING
PLEASE CALL 1-888-871-7359 ext. 7180

Larry receives Gammasun®,
a blood by-product, as a monthly transfusion.
Without it, his life wouldn't be the same.



CANADIAN BLOOD SERVICES

Blood... it's in your life.